

TUBERCULOSIS MEDICAL RESEARCH—NATIONAL TUBERCULOSIS ASSOCIATION, 1904 - 1955—Virginia Cameron, formerly Medical Research Secretary, and Esmond R. Long, M.D., formerly Director of Medical Research, both from National Tuberculosis Association. Published by National Tuberculosis Association, 1790 Broadway, New York 19, N. Y., 1959. 325 pages, \$5.00.

The role of the National Tuberculosis Association in the support of scientific investigation is not well known and information previously recorded is scattered widely. This volume brings together the records of the Medical Research Committee of this association and does much to refute a commonly held opinion that the N. T. A. has neglected this field. This authoritative record should be in every medical library and is of great interest to all who have followed the remarkable advances in tuberculosis research.

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INSULIN TREATMENT IN PSYCHIATRY—Proceedings of the International Conference on the Insulin Treatment in Psychiatry Held at the New York Academy of Medicine, October 24 to 25, 1958. Edited by Max Rinkel, M.D., (Boston, Massachusetts) and Harold E. Himwich, M.D., (Galesburg, Illinois). Philosophical Library, Inc., 15 East 40th Street, New York 16, N. Y., 1959. 386 pages, \$5.00.

This book records the proceedings of the "International Conference on the Insulin Treatment in Psychiatry" held at the New York Academy of Medicine October 24 and 25, 1958. It contains articles on the historical, physicochemical and clinical aspects of insulin treatment. The contributors include representatives of North America, South America and Europe, espousing varying points of view, though all seemingly somewhat favorably disposed toward insulin treatment. Various participants discuss the papers presented, and there is a considerable bibliography.

The book and the conference whose proceedings it reports are a tribute to Manfred Sakel who introduced Insulin Shock Treatment for Schizophrenia. The tribute is certainly deserved, since Sakel introduced a note of hope and enthusiasm into what was then a bleak outlook of treatment of this fearful illness. Unfortunately, a number of the contributors seem to imply that Sakel's treatment is the ultimate one for schizophrenic illnesses. Indeed, insulin is claimed by some of the participants to "cure" or "eliminate" the illness. Other contributors are more conservative and see it only as speeding up the remissions in "recoverable" cases. Statistics quoted by the various authors and discussants range from those indicating vast superiority of insulin-treated over control groups to those which show no great difference between treated and untreated cases in a ten-year follow-up.

The book offers a good review of the various arguments in favor of insulin treatment and encourages psychiatry to reverse the present trend away from it. Its major fault would seem to be its apparent bias toward organic therapies and, particularly, insulin, even though some contributors speak encouragingly of psychological approaches to treatment. A few of the participants seem inclined to take an offhand slap at psychotherapy from time to time. There is some implication that psychotherapy is unscientific and unsoundly based. In fairness to the proponents of psychotherapy it should be observed that the speculations advanced in some of the clinical papers, as to the action of insulin at the cellular level, seem quite as unscientific, in the absence of any evidence to prove them, as the most abstruse psychodynamic theories that might be advanced. There seems sometimes to be the implication that what makes a theory "scientific" is not the soundness of the evidence on which it is based, but the fact that its terminology is anatomic, biochemical or mathematical. The bias for

organic therapies is probably explainable on the grounds that the Conference was a tribute to Dr. Sakel who was himself a proponent of such an organic orientation. Yet the fault is not less a fault for all that, in a book which is implied to be an objective collation of views on both sides.

It is a pity, though this book is by no means a unique example in medicine, that the followers of a pioneer in the field should later be the most jealous guardians of the frontier, against other pioneers.

D. A. SCHWARTZ, M.D.

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A DOCTOR REMEMBERS—By Edward H. Richardson, M.D., Associate Professor Emeritus of Gynecology, The Johns Hopkins University School of Medicine, Baltimore, Maryland. Vantage Press, Inc., 120 W. 31st Street, New York 1, N. Y., 1959. 252 pages, \$3.95.

Anyone who graduated from medical school more than a dozen years ago knows the name Edward H. Richardson in association with gynecology. He was Associate Professor of Gynecology at John Hopkins and was renowned especially for the Spalding-Richardson composite operation for uterine prolapse and for his technique of total abdominal hysterectomy. A variant of his technique is widely used today under the name of intrafascial hysterectomy. In this little volume Dr. Richardson has told his story from childhood through his many years of practice in the field of gynecology. His chronicle will be of special interest to all those who received any part of their medical education, or of their resident training at Johns Hopkins; and more particularly it will interest those who are in gynecology.

The anecdotes of his boyhood days reflect life in rural Virginia in the latter part of the last century. They also reveal Dr. Richardson's early determination and high resolve. Especially interesting is his account of attendance at the Eastman Business College and his later job with the Farmville Commercial Company as bookkeeper and cashier at the tender age of 16 because of his knowledge of accounting.

Dr. Richardson received his college education at the Virginia Polytechnic Institute and at Hampden-Sydney College which was only a few miles from his place of birth. He then attended Johns Hopkins Medical School after being forced to put in an extra year of premedical work at Johns Hopkins University because of a qualification which he lacked. He showed great determination in overcoming this unexpected obstacle.

The highlights of the book are the descriptions of the Big Four, Welch, Osler, Halstead and Kelly who were all there as professors while he was going through the medical school, and indeed he worked as a house officer under the latter two, and of his postgraduate years in training. He paints a very interesting picture of Howard Kelly especially and depicts him as a very hard working man who was a religious fanatic all of his life and very much of a showman in the operating room. He tells us that Kelly resigned his professorship in 1919 at the age of 60 years because he was not in sympathy with the full-time system which was introduced at Hopkins at that time. Dr. Richardson expresses himself as also unsympathetic with the full-time system, at least for the chairmen of the clinical departments. It is interesting to note that Dr. Richardson spent fourteen years getting his college and medical education and not until the last one did he receive a penny in salary. Not one breath of complaint does he utter against this circumstance—indeed he views these years with great nostalgia.

Of great interest will be the account of the offer to him of the professorship of Gynecology when Dr. Cullen retired. I believe that all of his readers will applaud his decision